

Dietary Guidelines at a Glance

Anti-Inflammatory Foods

to Include

(*These foods may not be tolerated by some individuals)

Foods to Exclude

(These food may cause inflammation)

Fruits	Preferably organic, unsweetened fresh, frozen, water-packed, or canned fruits; fruit juices; preferably low glycemic and low mold	Citrus, strawberries, or sulfite-containing dried fruits, sweetened fruit drinks, or fruitades, jams, jellies, syrups
Vegetables	All vegetables, preferably organic, fresh, frozen, steamed, sautéed, freshly juiced, or roasted vegetables	Creamed vegetables, with cheese or butter sauce or in casseroles, nightshades including: tomatoes, potatoes, eggplants, peppers
Starch	Sweet potatoes, rice, millet, quinoa, amaranth, teff, tapioca, buckwheat	Wheat, corn, barley, spelt, kamut, rye; all gluten-containing products
Bread/Cereal	Any 100% whole grain made from rice, oat*, corn*, buckwheat, millet, potato flour, tapioca, arrowroot, amaranth, quinoa, teff	Products made from wheat, spelt, kamut, rye, barley; all gluten-containing products; avoid yeast if sensitive
Legumes (vegetable protein)	All beans, peas, soy products* and lentils	
Nuts and Seeds	Almonds, cashews, walnuts, pecans, macadamias, brazil, sesame (tahini), sunflower, pumpkin seeds; butters made from these nuts and seeds	Peanuts, peanut butter
Meat and Fish	All canned (water-packed), frozen, or fresh fish, chicken, turkey, wild game, lamb	Beef, pork, cold cuts, frankfurters, sausages, canned meats, eggs, shellfish
Dairy Products and Milk Substitutes	Unsweetened live-cultured, plain yogurt* or kefir, milk substitutes such as rice milk, almond milk, oat milk, coconut milk, and other nut milks	Milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, frozen, commercial yogurt, non-dairy creamers
Fats	Cold-expeller pressed oils or butters from olive, flaxseed, canola, safflower, sunflower, sesame, walnut, pumpkin, or almond; Salad dressings made from allowed ingredients	Margarine, butter, shortening, salad dressings, processed and hydrogenated oils, mayonnaise, spreads
Beverages	Filtered or distilled water, unsweetened fruit or vegetable juices, caffeine-free herbal tea, seltzer or mineral water,	Soda pop or soft drinks, alcoholic beverages, coffee, tea, other caffeinated beverages
Spices & Condiments	All spices unless otherwise indicated.	Chocolate, ketchup, mustard, relish, chutney, soy sauce, barbecue sauce or other condiments
Sweeteners	Brown rice syrup, fruit sweetener, blackstrap molasses, stevia	White or brown refined sugar, honey, maple syrup, corn syrup, high fructose, corn syrup, candy, desserts made with these sweeteners

Shopping List/Food Choices

(*These foods may not be tolerated by some individuals)

Vegetables

Alfalfa sprouts
Artichokes
Asparagus
Avocado
Beets
Bok Choy
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Cucumber
Daikon radish
Endive
Escarole
Green or yellow beans
Greens (collards, dandelion, mustard, turnip, chard, watercress)
Jicama
Kale
Kohlrabi
Leeks
Lettuce
Mung beans
Okra
Onions
Parsnips
Radishes
Rutabaga
Sea vegetables
(Seaweed, kelp)
Snow peas
Spinach
Squash, zucchini, yellow, winter
Sweet Potatoes & Yams
Taro
Turnips
Water Chestnuts

Fruits

Apple
Applesauce, natural
Apricot
Avocado
Banana
Berries (all types)
Cherries
Kiwi
Mango
Melon
Nectarine
Papaya
Peach
Pear
Pineapple
Plum
Prune

Grains

Rice & rice breads
Rice pancakes
Rice pastas
Rice milk
Cream of rice
Puffed rice
Tapioca
Amaranth
Millet
Teff
Quinoa
Buckwheat/Kasha

Nuts, Seeds, and Oils

Almonds and almond oil
Canola Oil
Cashews
Flaxseeds and flaxseed oil
Hazelnuts
Olive oil
Pecans
Pumpkin oil and seeds
Safflower oil
Sesame oil and seeds
Sunflower oil and seeds
Walnuts and walnut oil
Nut butter (except peanut)

Proteins

Chicken breast
Turkey breast
Lamb, loin, round bone
Eggs*
Fish including:
Cod
Halibut
Mackerel
Salmon
Sardines
Tuna
Trout
Wild Game
Dried beans
Dried peas
Legumes, all varieties,
Dry
If canned, fat free
Soy products*

Dairy*

Live culture, organic
Yogurt*

Spices

Anise
Basil
Bay leaf
Cardamom
Celery seed
Cinnamon
Cumin
Dill
Dry mustard
Fennel
Garlic
Ginger
Marjoram
Oregano
Parsley
Rosemary
Saffron
Savory
Tarragon
Thyme
Turmeric

Sweeteners

Brown rice syrup
Fruit sweetener
Molasses
Stevia